

MAY 2017

THE SENIOR SCENE

Ludlow Senior Center

—○ Phone Number:

(413) 583-3564

—○ Address:

37 Chestnut Street
Ludlow, MA 01056

—○ Email Address:

COA@Ludlow.ma.us

—○ Website:

Ludlow.ma.us

—○ Office Hours:

Monday - Friday
8 a.m. to 4 p.m.

—○ Inside this issue:

Wellness & Support	2
Trips	3
Movie Schedule	4
Special Events	7 & 8
Friends' Page	9
Senior Social Club	10

JAMMIN' WITH JODI...

May is a very special month for me and my husband. May is the month Sarah Kelly was born and made me a Mom. Can you believe she will be 2!?! Time really does fly by! Many of you know the struggles we went through to bring Sarah into this world. We went through years of infertility treatments, disappointment, many different opinions, and a lot of time and money. We had to persevere, advocate, and do a lot of educating in order to have our dream come true. She was so worth the wait and everything we went through! Sarah Kelly is an amazing little girl!

Our journey reminds me of the journey we began here three years ago towards a new Senior Center. There are a lot of obstacles and disappointments. There are lots of opinions, time, and money involved as well. We need to persevere, advocate, and educate so that others understand how important this project is. We are extremely lucky to be in the location we are, but with the senior population exploding and the continued issues with our current space, the time is **now** to build a new Senior Center in Ludlow! You deserve it! The Senior Center Building Committee meets regularly and the meeting dates are posted in the Senior Center. We invite you to come and see how the process works.

The Grass Roots Club has formed as well. This is a group that is going to educate their peers and community about what we do here at the Center. Their next meeting is May 4th at 2:00 p.m. at the Senior Center. We invite you to see what it is all about and learn how you can help.

I know there many people that do not support this project and think they will not be around to see it to fruition. Please know that this project will benefit the entire community and that you are paving the way for those that do not know they need us yet.

We are the Ludlow Senior Center! SENIOR STRONG!

~Jodi

P.S. We have a TON going on this month, once again. Be sure to read on so you do not miss out!

DID YOU KNOW?

We have a walking group called the sunflowers. They meet Monday, Wednesday, and Friday morning. In good weather they walk outside. During not-so-good weather they walk Eastfield Mall. The walking group is the perfect way to exercise and socialize. Call or stop by the Front Desk for more information.

Ludlow Senior Center • (413) 583-3564 • www.ludlow.ma.us

WELLNESS SERVICES

The Ludlow Council on Aging is not responsible for last minute cancellations by these providers

PEDICURE WITH TOWN NURSES

Every Tuesday

Pedicures are for Ludlow residents only. Diabetics are required to provide a note from their doctors before a pedicure can be given. Pedicures are \$10. Appointments are required and can be made by calling the Center.

DROP IN WITH A NURSE

Every Thursday From 10:00 a.m. - 11:30 a.m.

Stop by the Wellness Clinic to have your blood pressure checked, File of Life filled out, or ask the nurse a question.

HEARING CLINIC

Deb Stroetzel: Tuesday, May 30th

Deb Stroetzel, MA, CCC-A, provides answers to questions you have regarding your hearing. Appointments are required and can be made by calling the Center.

MASSAGE THERAPY

Meaghan Murphy: Mondays

15 Minutes of massage for \$10 or 30 minutes of massage for \$20. Appointments are required and can be made by calling the Center.

BLOOD PRESSURE CHECKS

Tuesday afternoon from 1:00 p.m. - 2:00 p.m.

Blood pressure checks are provided by volunteers. Please call the Center to verify a nurse is on-site.

FACIALS

Diane Neill: Wednesday, May 24th

Diane Neill, MA licensed esthetician, provides facials and additional skin care services. A one hour facial starts at just \$30. Appointments are required and can be made by calling the Center.

MEETINGS & SUPPORT GROUPS

TRIAD COFFEE HOUR

Wednesday, May 24th at 10:00 a.m.

Held the 4th Wednesday of every month, this group works toward making our community a safer place. Come in and find out how you can make a difference.

VETERANS AGENT OFFICE HOURS

Wednesday, May 24th at 10:30 a.m.

Veterans Agent Eric Segundo will be holding office hours at the Center for all interested in Veterans issues.

BROWN BAG PROGRAM

Tuesday, May 16th from 1:00-3:00 p.m.

Offered through the Food Bank of MA, Brown Bag helps those over the age of 55 who meet income guidelines. Applications are available at the Senior Center. Pick-up is the 3rd Tuesday of each month.

FRIENDS OF THE LUDLOW SENIOR CENTER

Wednesday, May 10th at 10:00 a.m.

The Friends play a very important role at the Ludlow Senior Center by financially supporting services and activities. Stop in the 2nd Wednesday of each month and find out what you can do to help.

COUNCIL ON AGING BOARD MEETING

Wednesday, May 17th at 4:30 p.m.

Held the 3rd Wednesday of every month, this meeting is open to the public unless there's an executive session.

STATE SENATOR LESSER OFFICE HOURS

Thursday, May 11th at 10:30 a.m.

Talk with State Senator Eric Lesser's District Director. Joel visits the Center the 2nd Thursday of each month.

MEN'S BREAKFAST CLUB

Friday, May 26th at 8:30 a.m. in Ludlow

Breakfasts are held on the last Friday of every month. Sites alternate between Ludlow and Wilbraham.

SENIOR CENTER TRIPS

Sign-up with Sarah beginning May 1st at 8 a.m. by calling 583-3564.
You may sign-up yourself and your spouse. You may not sign-up a friend or relative.

Hadley Mall, Trader Joes & Atkins

Tuesday, May 16th

Cost: \$2.00 Departure: 9:30 a.m.

We'll head to Hadley to visit Trader Joes and surrounding stores and stop by Atkins Farms on the way home. Sarah will do a continuous loop between the Hadley stores.
Lunch is on your own.

Lunch Bunch: Pickity Place

Tuesday, May 23rd

Cost: \$31.00 Departure: 9:30 a.m.

Join us for an herb inspired meal! Stop by the Front Desk to look at the wonderful multiple course menu.
You must pay in advance to secure your seat on the van.

Mystery Trip To Multiple Mystery Locations

Wednesday, May 31st

Cost: \$4.00 Departure: 9:30 a.m.

A bagged lunch **will** be provided for you. Bring cash...we're not sure if you'll need it. Even the staff isn't sure where we are going! We'll be doing lots of driving with lots of breaks. Any outdoor events will **not** be strenuous...if there are any.

TRANSPORTATION SERVICES

Important Details

- Pickup times are a 30 minute window.
- Van service is available for in town rides only.
- Rides to the Center must be arranged by 9:00 a.m.
- Appointments to other Ludlow locations must be arranged 24 hours in advance by calling the Center
- The latest appointments we can accommodate is 2:30 p.m. as the van makes its last trip around 3:30 pm.

Our Fees (One Way Fares)

To the Senior Center:	\$.50
To other Ludlow locations:	\$.75

Monthly Shopping Trips

Eastfield Mall or Stop & Shop

Monday, May 1st

Cost: \$2.00

Departure: 12:30 p.m. Return: 3:00 p.m.

When you make your reservation include which stop you prefer.

Big Y or Randall's

Every Tuesday & Thursday

Departure: 11:00 a.m. & 1:00 p.m.

When you make your reservation include which stop you prefer.

SPECIAL EVENTS

Decorating Group

Tuesday, May 2nd at 1:00 p.m.

Do you like decorating large Dining Rooms or creating center pieces? Join us for our meeting as we pick colors and plan for the upcoming months.

New Senior Center Update

Wednesday, May 17th at 10:30 a.m.

Stop by the Lounge for an update on the progress with the Senior Center project.

May Birthday Lunch

Wednesday, May 17th at 11:30 a.m.

Listen to the chorus perform in the Dining Room. Those born in May have their meal on the house. Simply tell us when you sign-up for lunch!

RMV Near Me

Thursday, May 25th 1:30 - 3:30 p.m.

The Ludlow Senior Center staff provides five of the most common transactions at the Senior Center. For additional information, see page 8.

Evening Trivia

Tuesday, May 23rd at 5:30 p.m.

Join us for categories ranging from current events to corporate logos. Don't have a group? No problem!

Jewelry with Sandy Merrill

Wednesday, May 24th at 9:30 a.m.

Come and create your own jewelry! The class is \$3.00 plus the cost of your supplies. Please pre-register.

Mother's Day Lunch

Friday, May 12th at 11:00 a.m.

Pierce Campbell is traveling from Connecticut to entertain us in the Dining Room. Join us for Pierce's first performance at the Center.

Memorial Day Lunch

Friday, May 26th at 11:00 a.m.

We have a surprise performer for our Memorial Day lunch! Make your reservations today so you don't miss out on this awesome entertainer's music!

MAY MOVIE SCHEDULE

Lion

(PG-13, 118 Min)

May 1st & 2nd

A five-year-old boy gets lost. He survives many challenges before being adopted by a couple in Australia; 25 years later, he sets out to find his lost family. (IMDB)

Moana

(PG, 107 Min)

May 8th & 9th

When a terrible curse reaches an impetuous Chieftain's daughter's island, she answers the Ocean's call to seek out the Demigod to set things right. (IMDB)

Collateral Beauty

(PG-13, 94 Min)

May 15th & 16th

Retreating from life after a tragedy, a man questions the universe by writing to Love, Time and Death. (IMDB)

Jackie

(R, 100 Min)

May 22nd & 23rd

Following the assassination of President John F. Kennedy, First Lady Jacqueline Kennedy fights to define her husband's historic legacy. (IMDB)

Girl On The Train

(R, 112 Min)

May 30th

A divorcee becomes entangled in a missing persons investigation that promises to send shockwaves throughout her life. (IMDB)

"MUST SEE"

MOVIES

The Big Trees

(95 Min)

May 4th

State Fair

(100 Min)

May 18th

MAY ACTIVITIES CALENDAR

Ludlow Senior Center • (413) 583-3564 • www.ludlow.ma.us

EVERYDAY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 8:00 Trip Sign-ups 12:30 Eastfield Mall And Stop & Shop Trip 1:15 Movie Matinee: Lion (PG-13, 118 Min)</p>	<p>2 9:00 TRX Fusion 1:00 Decorating Group 4:00 - 7:00 Ceramics 5:00 Movie: Lion</p>	<p>3 3:00 Mindfulness Meditation</p>	<p>4 9:30 Senior Social Club 10:00 Drop-In Nurse 1:15 "Must See" Movie: The Big Trees (95 Min)</p>	<p>5 9:00 TRX Fusion</p>
<p>8 1:15 Movie Matinee: Moana (PG, 107 Min)</p>	<p>9 9:00 TRX Fusion Noon: Lunch & Learn - Know The 10 Signs 4:00 - 7:00 Ceramics 5:00 Movie: Moana</p>	<p>10 10:00 Friends Meeting 3:00 Mindfulness Meditation</p>	<p>11 9:30 Senior Social Club 10:00 Drop-In Nurse 10:30 Sen. Lesser Office Hours Noon: Lunch & Learn - Senior Medicare Patrol Program</p>	<p>12 MOTHER'S DAY LUNCH 11:00 Pierce Campbell Performs 1:30 Book Club</p>
<p>15 1:15 Movie Matinee: Collateral Beauty (PG-13, 94 Min)</p>	<p>16 9:30 Hadley Mall Trip 9:00 TRX Fusion 1:00 - 3 Brown Bag 4:00 - 7:00 Ceramics 5:00 Movie: Collateral Beauty</p>	<p>17 BIRTHDAY LUNCH 10:30 New Senior Center Update 11:30 Chorus Performs 3:00 Mindfulness Meditation 4:30 COA Board Meeting</p>	<p>18 9:30 Senior Social Club 10:00 Drop-In Nurse 1:15 "Must See" Movie: State Fair (100 Min)</p>	<p>19 CarFit Appointments</p>
<p>22 1:15 Movie Matinee: Jackie (R, 100 Min)</p>	<p>23 9:30 Pickity Place Trip 9:00 TRX Fusion 4:00 - 7:00 Ceramics 5:00 Movie: Jackie 5:30 Trivia</p>	<p>24 8:15 Facial Appts 9:30 Jewelry Class 10:00 TRIAD Coffee Hour 10:30 Vets Agent Hours 3:00 Mindfulness Meditation</p>	<p>25 9:30 Senior Social Club 10:00 Drop-In Nurse 1:30-3:30 RMV Near Me</p>	<p>26 MEMORIAL DAY LUNCH 8:30 Men's Breakfast In Ludlow 11:00 Surprise Performer 1:30 Book Club</p>
<p>29 CENTER CLOSED FOR MEMORIAL DAY Meet us at the Center at 7:30 a.m. or on Warren Street at 8:00 a.m.</p>	<p>30 9:00 TRX Fusion 1:00 Hearing Appts 4:00 - 7:00 Ceramics 5:00 Movie: Girl On The Train (R, 112 Min)</p>	<p>31 9:30 Mystery Trip 3:00 Mindfulness Meditation</p>	<p>March with us in the Ludlow Memorial Day Parade! The parade route is less than 2 miles long and we walk at a very leisurely pace. If you would like to walk part of the route and then ride in the van, that is no problem! Join us Monday, May 29th. We'll meet at the Center by 7:30 a.m. If you want to join us see Debbie.</p>	

Monday

8-4 Fitness Room
9-12 Knitting
9:30 Massage Appointments
10-11 YMCA Boomer Boot Camp
10-11 Dominos
12:00 Lunch
12:30 Donors 9-Ball Round Robin Billiards
1:00 Pitch

Tuesday

8-4 Fitness Room
8-11:30 Ceramics
8:30 Pedicures
9-11:30 Quilting
10:00 Bean Bag Baseball
12:00 Lunch
12:30 Round Robin Billiards
1:00 Bingo
1:00 Bridge
1:00 Blood Pressure

Wednesday

8-4 Fitness Room
8-4 Open Billiards
8-11:30 Ceramics
10-11 YMCA Boomer Boot Camp
12:00 Lunch
1:00 Pitch
1:00 LGSC Bingo

Thursday

8-4 Fitness Room
8-11:30 Ceramics
9-9:45 Tai Chi
9:30 Women's Billiards
10-11 Yoga
12:00 Lunch
12:30 Donors 8-Ball Round Robin Billiards
1-2 Choral Group

Friday

8-4 Fitness Room
8-4 Open Billiards
10-11 YMCA Boomer Boot Camp
12:00 Lunch
1:00 Coloring Club
1:00 Cribbage
1:15 Chair Volleyball

MAY LUNCH CALENDAR

Ludlow Senior Center • (413) 583-3564 • www.ludlow.ma.us

Monday	Tuesday	Wednesday	Thursday	Friday
1 Salmon Loaf Roasted Potatoes Green Beans	2 Shaved Steak Grinder With Cheese Sauce French Fries	3 Chicken Cacciatore Over Rice	4 Spinach & Cheddar Frittata Sweet Potato Fries	5 Kielbasa Lazy Pierogies
8 Shepherds Pie	9 Chef Salad	10 Swedish Meatballs Over Egg Noodles	11 Baked Cod 1/2 Baked Potato California Medley	12 MOTHER'S DAY LUNCH Lemon Chicken Rice Pilaf Harvard Beets
15 Meatloaf Scallop Potatoes Mixed Vegetable	16 Cold Cut Grinder Sun Chips	17 BIRTHDAY LUNCH Roast Turkey Mashed Potatoes Brussel Sprouts	18 Tuna Salad Plate Strawberry Spinach Salad	19 Lasagna Garlic Bread
22 Chicken Broccoli Alfredo Over Penne Pasta	23 Beef Burgundy Over Rice	24 Crab Cakes Sweet Potato Fries Cole Slaw	25 Cowboy Burger Baked Beans	26 MEMORIAL DAY LUNCH BBQ Chicken Thighs Potato Salad Corn
29 CLOSED FOR MEMORIAL DAY	30 Potato Crunch Fish Tater Tots Cole Slaw	31 Chicken Fajita Salad	<p>March with us in the Ludlow Memorial Day Parade!</p> <p>The parade route is less than 2 miles long and we walk at a very leisurely pace. If you would like to walk part of the route and then ride in the van, that is no problem! Join us Monday, May 29th. We'll meet at the Center by 7:30 a.m. If you want to join us see Debbie.</p>	

SPECIAL EVENTS

Lunch & Learn: Useful Information While You Dine

Lunch & Learn takes place at Noon in the back of the Dining Room. Participants are served lunch from our kitchen and eat during the presentation. **You MUST register for Lunch & Learn at the Front Desk or by calling 583 - 3564 in order to attend the event.**

Tuesday, May 9th at Noon - Alzheimer's Association: Know The Ten Signs

As we age, there can be changes to our memory. Yet, memory loss or behavior changes severe enough to disrupt daily life are not a typical part of aging. Knowing the 10 Warning Signs can help determine if it's important to speak to your doctor and get a diagnosis for yourself or someone you care about. Join us to learn the "10 Signs" because early detection matters!

Thursday, May 11th at Noon - Senior Medicare Patrol Program

Healthcare errors cost consumers and Medicare billions of dollars annually. Join us for this free workshop when a representative of the Massachusetts Senior Medicare Patrol Program provides us with tools to become better educated and engaged health care consumers to help protect ourselves and our loved ones from Medicare fraud and deceptive marketing tactics.

TRX Fusion Session

Tuesday & Friday

9:00 a.m. - 10:00 a.m.

New session beginning June 6th

Cost: \$30 for 10 sessions

TRX Fusion is back and we're ready for another amazing session! TRX is an advanced work out that can activate all your body's muscles and help make every activity easier, your body stronger and maintain a healthier lifestyle. For more information visit www.TRXtraining.com.

Bring the Body, Mind, Breath Connection™ To Life

Wednesday

3:00 p.m. - 3:45 p.m.

April 26th - May 31st

Cost: \$12 for 6 sessions

In this program you will practice mindful skills to build health, release stress, enhance memory, ease aches and pains, and improve your mood. Each week includes a new technique, a few moments of mindful movement, and an opportunity for discussion to help you bring the healthy habit of mindfulness into your life.

Carfit Appointments

Friday, May 19th. Call for an appointment.

CarFit is an educational program that offers the opportunity to see how well a personal vehicle "fits" you. The 12-point check lasts 20 minutes and will cover ways to make you safer in your car. Two ways of being safer include knowing how to adjust your mirrors correctly to minimize blind spots for drivers changing lanes and sitting further than 10 inches to the steering wheel. Occupational Therapy students from Springfield Technical Community College will be at the Senior Center to do CarFit checks. Make your appointment today at the Front Desk or by calling 583 - 3564.

SPECIAL EVENTS

Monday, May 29th is Parade Time!

We're looking for as many people as we can get to walk or ride with the Senior Center! The parade route is less than 2 miles long and we walk at a very leisurely pace. If you would like to walk part of the route and then ride in the van, that is no problem! Join us Monday, May 29th. We'll meet at the Center by 7:30 a.m. If you want to join us see Debbie.

TRIAD Coffee Hour - Lazy, Crazy Days Of Summer

Wednesday, May 24th at 10:00 a.m.

Nurses from the Board of Health, a Ludlow Police Officer, and a Ludlow Firefighter will join us in the Lounge to discuss popular myths and tips concerning the summer months. Conversation will include different ways to protect yourself and your property during the hot, long days of summer.

Drop In With A Nurse

Every Thursday from 10:00 a.m. - 11:30 a.m.

Stop by the Wellness Clinic to have your blood pressure checked, File of Life filled out, or just chat with our volunteer nurse.

RMV Near Me

The Ludlow Senior Center **staff** provides five of the most common transactions at the Senior Center. While we have one drop-in day a month for you to complete these transactions with us, you can make an appointment with Debbie at any point in the month. **Transactions are: license renewals (for licensed drivers younger than age 75), registration renewals, change of address, duplicate license or registration, and how to report a lost or stolen disability placard and how to request a replacement.** You must have a valid checking account or credit card to process any transaction; no cash will be accepted. Please be advised that the staff at the Ludlow Senior Center are not required to provide assistance, and there may be instances where Senior Center staff may decline to process your transaction with the Registry. For additional information, contact the Senior Center.

FRIENDS OF THE LUDLOW SENIOR CENTER

○ Purpose:

To seek donations and/or corporate gifts, to financially assist the Ludlow Senior Center in providing services to, and otherwise advance the welfare of senior citizens in the Town of Ludlow.

○ Next 50/50 Raffle:

Wednesday, May 17th

○ Items Needed:

Coffee
Decaf Coffee

DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Barbara Gondek - Coffee
- Tax Donations
- Virginia Bourdeau - Kitchen
- Pitch Players

Donations for the New Building Fund are shown with a (BF) following the name

DONATIONS RECEIVED IN MEMORY OF:

Amanda Croisetiere:

Doris Nichols (BF)

Maria & Joao Melo:

Julie Severyn

Betty Rodrigues:

Bonita Berselli

Marion Myette:

Sandra & David Fidalgo

You Shop. Amazon Gives.

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **Friends of the Ludlow Senior Center** whenever you shop on AmazonSmile. AmazonSmile is the same Amazon you know. Same products, same prices, same service. Support your charitable organization by starting your shopping at smile.amazon.com

DONATIONS to the FRIENDS OF THE LUDLOW SENIOR CENTER

Your tax deductible gift/donation to the "Friends" will help to enhance elder services in our community today and tomorrow. Your support is always appreciated.

Donation from _____

Address _____

(Circle one) Contribution in Memory / Honor of:

Send acknowledgement to (kindly indicate name, address & relationship):

Donation amount _____

Please make check payable to:
Friends of the Ludlow Senior Center
37 Chestnut Street, Ludlow MA, 01056

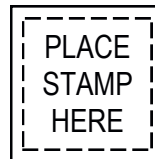
Please use donation for the following programs:

- New Building Fund
- General Need
- _____
- Check here if you would prefer to remain anonymous

If no area is specified, the funds will be designated to general need.

THE SENIOR SCENE

Ludlow Senior Center



○ Address:

37 Chestnut Street
Ludlow, MA 01056

○ Email Address:

COA@Ludlow.ma.us

○ Fax:

(413) 583 - 5658

○ Website:

Ludlow.ma.us

○ Office Hours:

Monday - Friday
8 a.m. to 4 p.m.

Ludlow Council on Aging

○ Chairman:

Fred Lafayette

○ Vice Chairman:

Diane Goncalves

○ Secretary:

Lucille Carneiro

○ Treasurer:

Helen Grabowski

○ Members:

Nancy Pauze

John DaCruz

Albert LeMay

Walter Stewart

Rosalind Forti

Frank Krzanik

SENIOR SOCIAL CLUB EVERY THURSDAY AT 9:30 A.M.

Would you like to make new friends to do activities outside of regular senior center hours or on weekends? If so, join May Palin every Thursday morning at 9:30 a.m. to talk about possibilities for the weekend. All ideas are welcome! Please note the Center and group members are unable to provide rides for the social club's weekend activities.

Center Hours

Monday - Friday 8:00 a.m. - 4:00 p.m.

May - October open Tuesday's until 7:30 p.m.

Alice's Boutique

Monday - Friday 10:00 a.m. - 1:00 p.m.

The boutique accepts donations of gently used or new clothing and merchandise.

Drop off donations at the Front Desk.

Fitness Room

Monday - Friday 8:00 a.m. - 4:00 p.m.

To join: \$10 sign-up fee, completed doctors form, and a one time orientation on equipment and room standards.

Senior Center Staff

- Jodi Zepke, Executive Director
- Carla Roberts, Program Coordinator
- Debbie Johnson, Outreach Coordinator
- Sarah Gmeiner, Activities Director
- Kathy LoFland, Cook
- Matt Pszeniczny, Dispatcher
- Joaquim Alves, Full Time Van Driver
- John Garcia, Part Time Van Driver
- Betty Harackiewicz, Bookkeeper
- Jorge Fialho, Maintenance
- Naomi White, Receptionist

The Ludlow Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the Center in writing.